

# Recipes for Vitamin C

## Strawberry Banana Smoothie



### Ingredients:

4 large strawberries, fresh or frozen  
½ c. milk\*  
1 ripe banana  
5 ice cubes  
1 ½ tsp sugar (optional)

### Instructions:

Combine strawberries, banana, milk and ice. Blend until perfectly smooth. Add sugar. Blend for 1 minute.  
Makes approximately 32 oz.

## Chicken Nuggets with Pineapple-Orange Dipping Sauce<sup>1</sup>

### Ingredients:

1 egg  
2 Tbsp milk\*  
3 ½ c. cornflakes, crushed\*  
1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces

### Dipping Sauce:

1 can (8 oz.) sliced or crushed pineapple in juice  
1 Tbsp cornstarch  
¼ c. pineapple orange juice  
¼ c. barbeque sauce



### Instructions:

1. Prepare dipping sauce: Pour undrained pineapple into the blender. Secure lid and process until it's a thick puree. Pour pineapple into saucepan and add cornstarch; blend. Add pineapple orange juice and barbeque sauce; blend. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside.
2. Prepare chicken nuggets: Preheat oven to 400 F. Whisk the egg and milk together in a small bowl. Place cornflakes in a plastic bag. Dip chicken pieces in egg mixture, then shake with cornflakes to coat. Put coated chicken on a baking sheet and bake in oven for 15 minutes. Carefully remove pan from oven and serve nuggets with warm pineapple-orange dipping sauce.

Makes: 4 servings

---

<sup>1</sup> [http://www.dole5aday.com/CookBook/Main\\_ChickNugget.jsp](http://www.dole5aday.com/CookBook/Main_ChickNugget.jsp)